Wootton Tri Cycling Group Descriptions 2024

Category	Group 4	Group 3	Group 2	Group 1
Speed/Time/ Route Ability *Note the longer the route the more likely this will involve significant climbs and descents and require a higher level of technical riding ability*	• Capable of a minimum speed of 12 - 13 mph for 1.5 to 2.5 hours • Low level of route awareness, requires direction most of the time	Capable of 30/40 mile rides or more, regularly cycles at 13 – 14 mph and can sustain this for 2 to 2 ½ hours	Capable of 35/45 mile rides or more, regularly cycles at 14 - 16 mph and can sustain this for 2 to 3 hours	Approximately 16+ mph regularly and can sustain this for 2 ½ hours or more. High level of route awareness and options to vary route
Group Supervision Level	Supportive supervision of group with regular rolling re-grouping and catch up stops where safe	Supervision of group with rolling re-groups	Minimal supervision of group with rolling re-groups	Minimal supervision, with rolling re-groups
Nutrition/ Hydration	Learning the basics	Self sufficient – must be able to eat and drink on the move	Self sufficient – must be able to eat and drink on the move	Self sufficient – must be able to eat and drink on the move
Cycle Knowledge	Learning the mechanics of cycles and practising basic repairs	Basic repair skills competent, Good cycle awareness	Basic repair skills competent, Good cycle awareness	Self sufficient
Maintenance Skills	Theory and practical sessions – support and advice will be provided for any repairs.	Must be able to; • Change an inner tube • Check cycles road worthiness • Put a chain back on • Take a wheel off and back on	Must be able to; • Change an inner tube • Check cycles road worthiness • Put a chain back on • Take a wheel off and back on	Self sufficient
Road Cycling Experience Level	Have completed beginners OR have some road cycling experience maybe not in a group or lacking confidence or maintenance skills	Experienced and confident Normally rides more than once a week on routes of different duration and terrain	Experienced and confident Normally rides more than once a week on routes of different duration and terrain	Very experienced and confident Normally rides several times a week on routes of different duration and terrain
Criteria Recommended to Move Up to Next Group *Note, it is accepted that the first couple of weeks in early season and move up week may see lower than normal speeds in some groups, but this is not expected to be sustained*	• Able to perform competent checks and basic repairs to cycles and equipment • Regularly rides at 13 - 14mph comfortably, able to sustain this for 2 to 2 ½ hours • Safety aware on roads, communicates with other group cyclists and manages traffic etc	Is able to maintain 14 – 16 mph for 2 to 3 hours	• Is able to maintain 16+mph for 2 ½ hours or more • Can support other cyclists in the group with mechanical problems • Be able to ride comfortably within a group of cyclists • Can support other cyclists in the group in	

	• Must be able to ride single handed and confidently perform road signals • Manages uphill climbs and downhill sections well even if slowly		managing and responding to route challenges, climbs, descents, drafting	